

# Emergency Preparedness Tips for Individuals with Disabilities

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1. Create emergency supply kits that have disability specific items including extra medication, food, water, batteries and battery chargers for assistive technology devices. This kit should sustain you for no less than 7 days. Keep a kit in any place that you frequently spend time, i.e., your home, workplace and/or automobile.
2. Have an emergency preparedness buddy plan that includes your personal assistants such as attendants, readers, interpreters as well as family, friends and/or neighbors. Those individuals should know about your medications and how to operate any assistive technology devices that you use. They should also be made aware of the location of your emergency supply kits. Practice this plan with the individuals you have identified.
3. Carry with you at all times emergency health information that includes information regarding your disability, health conditions, medications, allergies, communication needs, assistive technology devices, durable medical equipment and any assistance you may need in the event of an emergency.
4. Maintain a list of out of town or state contacts that can provide assistance in the event of an emergency. Keep this list accessible at all times.
5. Eliminate hazards in your home and/or workplace. Ensure that large furniture, special equipment and other items that could pose a hazard are appropriately secured and/or anchored to the wall.
6. Learn how to give quick information regarding how to best assist you or communicate with you when you must be dependent upon people you don't know. Be clear, specific and concise with your directions. Think about how much detail is necessary and be ready with additional instructions.



DEPARTMENT OF REHABILITATION

